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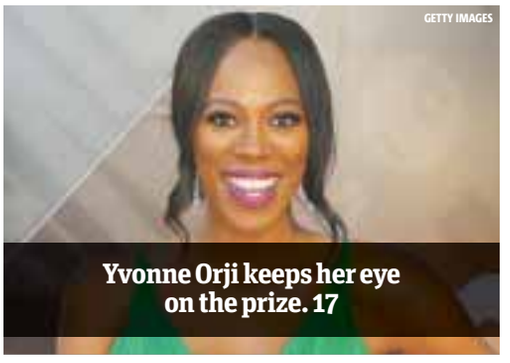
‘HOLD THE DARK’

Jeffrey Wright braves bone-chilling cold for Netflix thriller. 16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Yvonne Orji keeps her eye on the prize. 17

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IS LEGALIZATION THE ANSWER?

The U.S. has been losing the war on drugs for decades, so maybe it’s time to shift course and actually consider legalizing drugs, says an expert on the topic. 4

ISTOCK

Find fall fun at these pumpkin patches within the five boroughs. 15

ISTOCK

5 THINGS TO KNOW

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NIKKI M. MASCALI, REPORTER

The U.S. has been battling — and losing — the war on drugs since the Nixon administration. As our current opioid epidemic claims an estimated 130 lives daily, some wonder if legalizing all drugs is a solution. Portugal did, in 2001, and saw a drastic drop in ODs, drug-related crimes and incarcerations. I reached out to Jim Peake of addiction-rep.com to weigh in on whether or not decriminalization is a viable solution for us. Turn to page 4 or **metro.us** to read what he had to say.

CENTRAL PARK STAMPEDE CAUSED BY POPPED BOTTLE

1 After what was thought to be the sound of gunshots, a hysterical crowd attending the Global Citizen Festival on Saturday night stampeded their way through Central Park. According to the NY Post, hundreds of screaming audience members mistook what the NYPD initially confirmed to be the sound of falling metal police barriers for gunfire at around 8 p.m. and began running for their lives, pushing and shoving those in their way. Seven members from the audience suffered minor injuries from the incident, which occurred between Cardi B.'s appearance and Janet Jackson taking the stage, per police reports. "People were convinced it was a shooting," Patrick Lee told the NY Post. "It was really frightening." On Sunday, Global Citizen CEO Hugh Evans issued a statement claiming the origin of the sound was actually "attendee(s) stepping on and popping a drink bottle(s)," per the NYPD. Chris Martin of Coldplay took to the stage to calm the crowd: "Nobody is trying to hurt anybody, and you're all safe, OK?"

SARAH LUOMA

DEATH PENALTY SOUGHT FOR ACCUSED NYC ATTACKER

2 Prosecutors late last week said they would seek the death penalty for Sayfullo Saipov, the man accused of killing eight people by driving a truck into a New York City bike path last October. Saipov, a 30-year-old Uzbek national, was arrested immediately after police said he plowed a truck down a bike lane in lower Manhattan. The militant group Islamic State claimed responsibility for the attack, which was the deadliest assault on New York City since Sept. 11, 2001. In a filing in Manhattan federal court, the prosecutors said Saipov's killing of multiple people, the "heinous, cruel and depraved manner" in which he carried out the attack and his professed support of Islamic State were all factors weighing in favor of a death sentence. While New York state law does not have a death penalty, Saipov has been charged under federal law. Saipov's attorneys had previously offered a plea deal in which Saipov would accept a sentence of life in prison if prosecutors would agree not to seek the death penalty.

TWIN DISASTERS DEVASTATE INDONESIA

3 A man looks for belongings from his house after it was damaged in Palu in Central Sulawesi on Saturday, following a strong earthquake and tsunami that struck the area Friday evening. More than 800 people are reported dead after a 7.5-magnitude quake sent a 10-foot-plus-high tsunami barrelling into the Indonesian island of Sulawesi, officials said on Sept. 30, as hospitals struggled to cope with hundreds of injured and rescuers scrambled to reach the stricken region.

BAY ISMOYO/AFP/GETTY IMAGES

CONWAY: 'I'M A VICTIM OF SEXUAL ASSAULT'

4 Kellyanne Conway, an adviser to President Donald Trump, said on Sunday that she was the victim of sexual assault and that women who survive such experiences should be heard. "I feel very empathetic, frankly, for victims of sexual assault and sexual harassment and rape," Conway told CNN while defending the Supreme Court nomination of Brett Kavanaugh, who has been accused of sexual assault by one woman and sexual misconduct by two other women. "I'm a victim of sexual assault," Conway said. Conway and White House officials did not immediately respond to a request for comment from Reuters. The court nomination has been upended by the allegations, and President Donald Trump was forced to order the FBI to look into them after several moderate Republicans, whose votes could be crucial for Kavanaugh's confirmation, called for a probe. Conway suggested on Sunday that the ire of many victims was improperly pointed at Republican supporters of Kavanaugh, as opposed to the perpetrators of the assaults. "It's not a meeting of the #MeToo movement," she told CNN. "It's raw partisan politics."

MUSK SETTLEMENT SHOWS SEC'S FOCUS ON EXECS

5 A high-profile settlement with Tesla Inc. Chief Executive Elon Musk exemplifies a recent push by the U.S. Securities and Exchange Commission to go after executives and not just their companies, securities law experts said. In the last week, the SEC announced charges or penalties against eight corporate officials at six companies, including Tesla. The SEC pursued each on different grounds, but securities lawyers said they highlight a shift to an emphasis on personal wrongdoing that has accelerated under Jay Clayton, an appointee of President Donald Trump who has served as SEC chairman since May 2017. "Clayton is focused on holding individuals liable and not just corporate entities," said Mary Hansen, co-chair of the white collar defense and corporate investigations practice at Drinker Biddle, who worked in the SEC's enforcement division for eight years. "The public wants to see our law enforcement, whether it be civil or criminal, hold those individuals responsible. That's what is driving this focus on individual liability."

STATS

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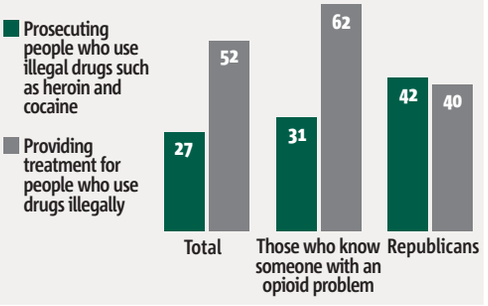
DEALING WITH DRUG POLICY

In dealing with drug policy, what should the government focus on more?



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ISTOCK

Can we end the opioid epidemic by legalizing all drugs?

Addiction treatment industry expert Jim Peake raises questions as to whether the decades-old war on drugs is working.

NIKKI M. MASCALI
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The 130 people who are estimated to die each day from an opioid-related drug overdose serve as a stark reminder that the nation is gripped by an opioid epidemic. In fact, the federal Health and Human Services last year declared it a national public health emergency.

To combat the opioid epidemic, the HHS created a five-point strategy that includes better addiction prevention, treatment and recovery services; better data; better pain management and targeting of overdose-reversing drugs; and better research.

One strategy HHS did not suggest, which some countries have employed, is the legalization of all drugs. Since doing it in 2001, Portugal, for example, has seen a drastic drop in overdoses, drug-related crimes, incarcerations and more.

But can such decriminalization help the U.S. end its own epidemic?

"I think the question we have to ask is if what we've been doing since the Nixon administration, the war on drugs, is it working?" said Jim Peake, president of addiction-rep.com. "Some will say yes, some no. I personally would say no, so if something's not working, you have to change it or cut it, try something different."

Peake, however, isn't in favor of a complete roll-out should full legalization become an approach the U.S. takes. Instead, he suggests piloting it in states that have been hit hard by the opioid epidemic.

"I think we have to look to see if there are places out there that are having success by legalizing," he said. "If you look at Portugal, fewer people are on drugs, more are in treatment and less people are dying. I think that if we are open to growing and learning, we have to look at some other alternatives because too many people are affected by this, too many families are absolutely destroyed."

An actual solution to the opioid epidemic is likely something we won't see in the U.S. anytime soon, if ever. On the frontlines of fighting the crisis are more than 14,000 substance-abuse facilities across the country, but how do you choose which one should treat you or your loved one?

"One of the first things to do is ask if the place you're calling is an actual rehab," Peake said. "Ask what type of license they have, and look it up. Each state is going to be different. Make sure you're talking to a treatment center and not a call center or third party."

Other tips he suggests:

- Ask how much one-on-one time a patient will have with a counselor.
- Connect with the person(s) actually providing the care, "not just the marketing guy."
- Decide which treatment locale works best. "One [option] is to stay close to home to involve the family in the treatment, and the other is to go out of town and change people, places and things," Peake explained.
- Think beyond 30 days. "Doing a 30-day program in any place and expecting to be sober afterward probably isn't going to get you a very good result," Peake said.
- Look at reviews. "When you're looking at a rehab, type in the name of the rehab plus reviews," Peake said. "Every rehab is not going to have 100 percent. If they do, they're probably skewed."

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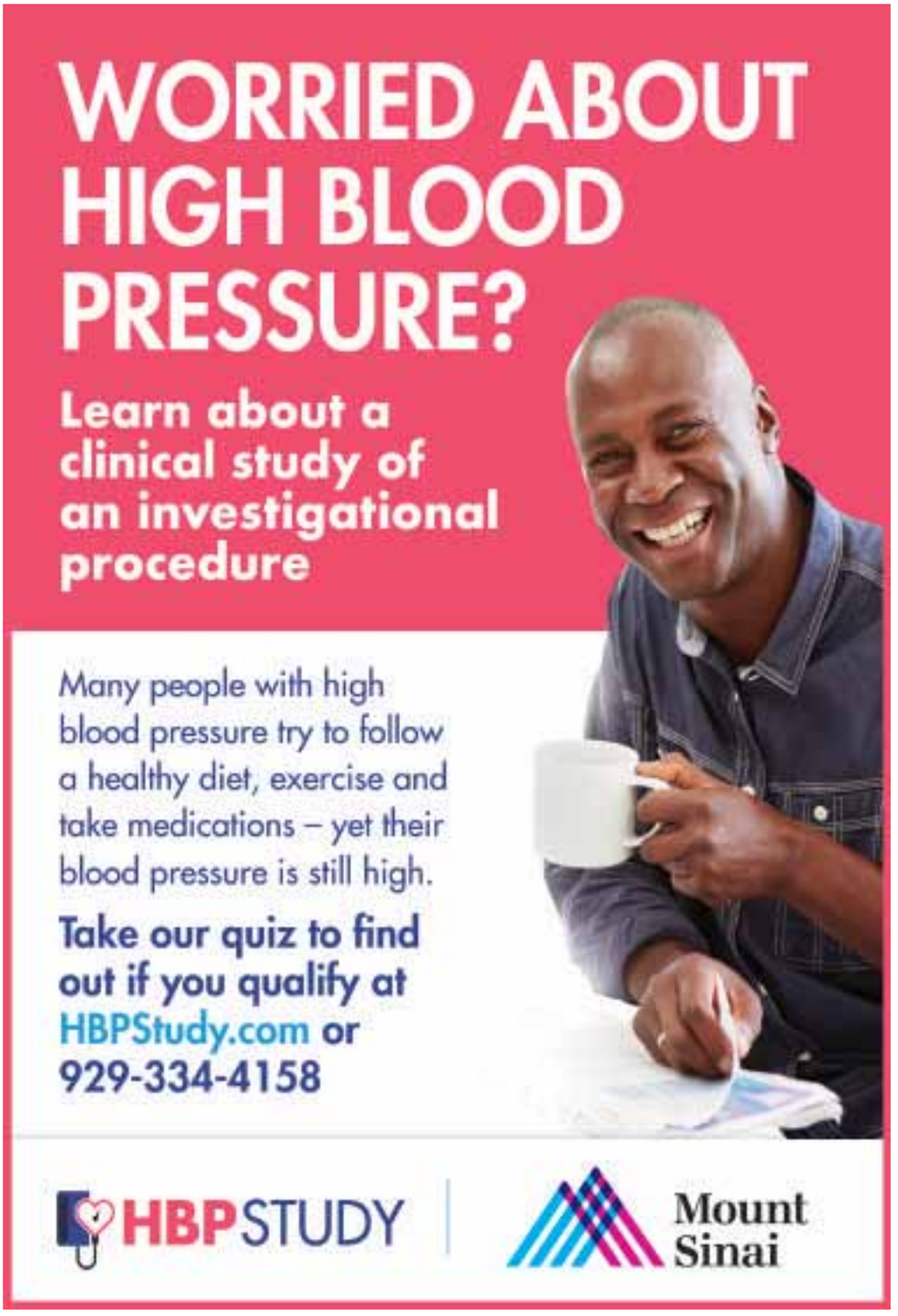
Arizona Sen. Jeff Flake talking to the press on Friday at the U.S. Capitol. GETTY IMAGES / AARON P. BERNSTEIN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Flake's Boston appearance moved due to safety concerns

Emerson College officials fear a protest of the Arizona senator could get out of hand.

SARAH LUOMA
letters@metro.us

Monday's scheduled appearance of Sen. Jeff Flake at Boston's Forbes Under 30 Summit has had a change in venue due to safety concerns by college officials.

The Arizona senator, who voted to advance Supreme Court nominee Brett Kavanaugh on Friday to the Senate Judiciary Committee, was set to appear alongside Republican Ohio Gov. John Kasich at the summit, to be held at the Emerson Colonial Theatre on the Emerson College campus in Boston's Theatre District.

Flake and Kasich were invited to the summit's panel to discuss the future of the Republican Party.

The relocation left event organizers scrambling as they began looking for a new location for the Forbes summit, with City Hall Plaza in mind.

"Pending ongoing scheduling, we are in the process of moving the discussion with Sen. Flake to a larger and more secure location, the Under 30 Village at City Hall Plaza," Forbes shared in a statement.

"In the age of Trump, a few national GOP leaders have stepped forward to offer a competing vision," according to a description of the Forbes panel. "In consecutive interviews, we'll hear their views of [where] the Republican Party needs to go."

Emerson College officials canceled the on-site summit after being made aware of a planned protest. According to Boston.com, Emerson officials discovered a Facebook page that said protestors hope to change Flake's mind so that he will reject Kavanaugh.

"The college just found out about Sen. Jeff Flake's appearance in Boston on Monday. ATG, the Colonial tenant, rented the space to Forbes," Emerson College President Lee Pelton said in a statement. "We are seeking to exercise our right as the owners of the Colonial to have the panel canceled for safety reasons."

"We are seeking to exercise our right as the owners of the Colonial to have the panel canceled for safety reasons."

Lee Pelton, Emerson College president

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After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

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And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

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- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
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Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

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Sexual assault hotlines saw an increase in calls during Christine Blasey Ford's testimony against Brett Kavanaugh on Thursday. GETTY IMAGES

Kavanaugh-Ford hearing inspires 200 percent sex assault hotline surge

Executive Director Gina Scaramella said the hearings and coverage can be retraumatizing to sexual harassment survivors.

KRISTIN TOUSSAINT
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Sexual assault hotlines reported an increase in calls during last week's Brett Kavanaugh-Christine Blasey Ford hearings

RAINN, the Rape, Abuse and Incest National Network, saw "unprecedented wait times" for both its hotline and online chat on Thursday.

"The number of people helped by the National Sexual Assault Hotline was 201 percent above average yesterday," RAINN said on Twitter Friday morning.

During the Senate Judiciary Committee's Brett Kavanaugh vote on Friday, Sen. Patrick Leahy of Vermont said that the National Sexual Assault Hotline saw a 147 percent increase in calls on Thursday, during the Kavanaugh hearing. (The National Sexual Assault Hotline is operated by RAINN and routes callers to a local RAINN affiliate organization based on the first six digits of their phone number.)

Other sexual assault hotlines reported a flurry of activity on Thursday, as well, like BARCC, the Boston Area Rape Crisis Center.

"During and after major news events like this, we always see an increase in people reaching out for support," Gina Scaramella, BARCC executive director, told Metro in a statement on Friday. "This week, and especially yesterday and this morning, has been busier than average for our 24-7 hotline. By 11 a.m. this morning, we had already received as many calls as we usually get in a whole day."

> **"During and after major news events like this, we always see an increase in people reaching out for support."**
> Gina Scaramella, BARCC executive director

Though BARCC is headquartered in Boston, the organization says its sexual assault hotline is a resource for any sexual assault survivor around the country.

Sexual assault survivors have been sharing their own stories in droves since the #MeToo movement first gained steam, and that visibility has only increased throughout the Kavanaugh hearings. Before Dr. Ford's testimony, survivors shared their stories with the hashtag #WhyIDidntReport.

On Friday, in the wake of Dr. Ford's testimony, two women confronted Sen. Jeff Flake after he made it known that he would vote in favor of Kavanaugh.

"Don't look away from me. Look at me and tell me that it doesn't matter what happened to me. That you will let people like that go into the highest court of the land," said one of the women, who identified herself as a sexual assault survivor.

BARCC shared multiple videos on Facebook after Thursday's Kavanaugh hearing with messages to sexual assault survivors.

One video's message is displayed on handheld signs held by BARCC staffers: "Sexual assault is all over the media. It's great people are talking about it. It can also be intense and traumatic for survivors. Take care of yourself and others." The other video includes a flipbook of messages to survivors with notes like "I believe you," and "never let anyone tell you there is a right or wrong way to be a survivor."

"These hearings and the subsequent news coverage and conversations are often retraumatizing to survivors of sexual harassment and assault, and people are reaching out for support. Some of the people we've been talking with are reaching out with concerns and questions about reporting and fears about being asked about why they didn't report or why it may have taken so long to report," Scaramella said.

The fight against erectile dysfunction

Don't worry. It happens. But there are ways to stop it!
By Pat King

Many men deal with the awkward physical disability commonly known as erectile dysfunction. As a matter of fact, it may be a more common drawback for more men than you may think. According to a study conducted by the Cleveland Clinic, roughly 52 percent of men experience erectile dysfunction in their day-to-day lives, with 40 percent of men age 40 experience it and 70 percent of men age 70. So what are some ways that you can combat this … gulp… disappointing condition that affects so many men in the bedroom?

Eat and live right

As with many ailments, erectile dysfunction can be closely related to how much you exercise and how well you eat on a daily basis. In a nutshell — by getting the right amount of cardio during the week, you will maintain a lower blood pressure which can help you to achieve healthier erections when it matters the most.

Eating right can also contribute to lowering your blood pressure with food like dark chocolate, pistachios, and watermelon all linked to lowering cholesterol and increasing the blood flow in the right areas. Some bad news for those who like the drink a few cocktails from time to time however is that drinking to excess has historically been linked to cases of erectile dysfunction. So try to cut back if you want to see improvements down there.

The importance of a healthy diet cannot be overstated in cases of erectile dysfunction as WebMD found It is estimated that around "35-75% of men with diabetes will experience at least some degree of erectile dysfunction during their lifetime." On top of that, men with diabetes will develop ED 10 to 15 years before men without diabetes.

Cut out the problem at the root

While many pills and contraptions have been touted as the end all be all cures of this worrisome condition, few have produced the same exciting restorative results as the ErectionWave treatment. Created by board certified urologist, Dr. David Shusterman, this new innovative treatment has taken a different approach to this issue than, say, swallowing a couple viagras on a nightly basis. The most exciting aspect of this treatment is that it actually works to cure the real issues behind ED and not offering a temporary solution. By directing high frequency rays towards blood vessels that have been blocked, ErectionWave treatment will increase blood through these pathways to allow for stronger and longer lasting natural erections without the assistance of pills or useless penis pumps.

Another more direct erectile dysfunction cure is known as the Priapus Shot — or otherwise known simply as the "P-shot". This completely pain-free shot has been known to not only increase sex drive but increase the overall penis size to 3.5 centimeters. The shot gets these results by by kickstarting a man's own growth factors in his blood to recruit his body's own stem cells down to the penis causing quicker regeneration of tissue and blood vessels.

If you are interested in either of these groundbreaking treatments, make your appointment with Dr. Shusterman today by calling 212-661-0060.

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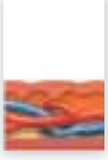

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Rendering of proposed new design for SummerStage in Central Park, which will get a $5 million makeover. TL FTL DESIGN STUDIO/GENERAL IDEA

SummerStage in Central Park to get $5M makeover for 2019 season

SummerStage is getting upgrades, like a new, bigger stage and an improved sound system, per the City Parks Foundation.

KRISTIN TOUSSAINT
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SummerStage in Central Park is an annual highlight for many New York City music lovers, and its organizers say it'll be even bigger and better next year thanks to $5 million in renovations.

City Parks Foundation, a private nonprofit that has organized SummerStage since 1994 (though SummerStage in Central Park has been around since 1986), announced that the Central Park stage will get a makeover ahead of the 2019 season.

The list of upgrades includes a new, larger canopy and stage, a new sound system, more bathrooms, raised bleachers, a rearranged layout and improved artist dressing rooms and production areas.

"Our stage is 18 years old and it's at the end of its useful life, so we ended up spending more and more every season to repair it when we took it down, because we're a temporary venue," said Heather Lubov, executive director of City Parks Foundation. "Because we were going

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MARK DOYLE

to invest in building a new stage, we decided it was the right time to take a look at the venue overall and see if there were ways we could improve it."

That 18-year-old stage has posed some limitations, she explained, because it wasn't built to withstand the weight of modern productions. Today, many artists need more space for lighting equipment and certain set pieces, she said.

With the renovated stage, Lubov said that SummerStage in Central Park will be able to better accommodate a variety of performers.

"There are [artists] we've come close to having to turn away, which would be terrible," she said. "Most of the shows are free, but even still, we want to make sure that people coming to our venue have a world-class experience as they would at any other performing arts venue."

How will SummerStage be different in 2019?

Along with a renovated stage, Lubov said she's most excited about the new way people will move through the space.

The current setup has attendees who wish to visit the bathrooms or concessions crossing at the front of the stage, between performer and audience, thus interfering with the show.

The new venue will be laid out more like a baseball stadium, with the pathways to the food and bathrooms behind those watching the event. Also in time for the SummerStage 2019 season: The bleachers will be raised onto a platform, so those sitting in seats will be able to see over those standing for the concerts.

The $5 million in upgrades comes from a combination of public and private sources, with $3.1 million coming from the city of New York.

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REQUEST FOR QUALIFICATIONS
DEMOLITION OF 1- TO 4- FAMILY HOMES SUBSTANTIALLY DAMAGED BY HURRICANE SANDY IN QUEENS, BROOKLYN, AND STATEN ISLAND

This Request for Qualifications ("RFQ") is being issued by Project Rebuild, Inc. ("PRI") to establish a Pre-Qualified List ("PQL") of demolition contractors that demonstrate the requisite experience to furnish all labor, materials, and equipment to perform demolitions of 1- to 4- family homes that were substantially damaged or destroyed by Hurricane Sandy in Queens, Brooklyn and Staten Island. The non-emergency property demolitions are being carried out as part of PRI's responsibilities in administering the Build-It-Back Single-Family Acquisition, Buyout, and Resettlement Incentives Program ("Program"). The Program is being administered by PRI with oversight from the Mayor's Office of Housing Recovery Operations ("HRO") and NYC Department of Housing Preservation and Development ("HPD").

Qualified demolition contractors are encouraged to take advantage of this opportunity and submit a response to this RFQ detailing their credentials to be added to the PQL. Once approved, the qualified demolition contractor will be invited to submit bids for a home or cluster(s) of homes that detail all demolition and associated services as consistent with the Scope of Work detailed in the Rider A of the RFQ. Selected contractors will be selected by identifying bids that are of the best value and most advantageous to the Program based on the lowest price. It is important to note that not all contractors deemed qualified will be selected to participate in the Program.

ISSUE DATE: September 17, 2018
SUBMISSION DUE DATE: October 8, 2018

If you have any questions, please send them to:
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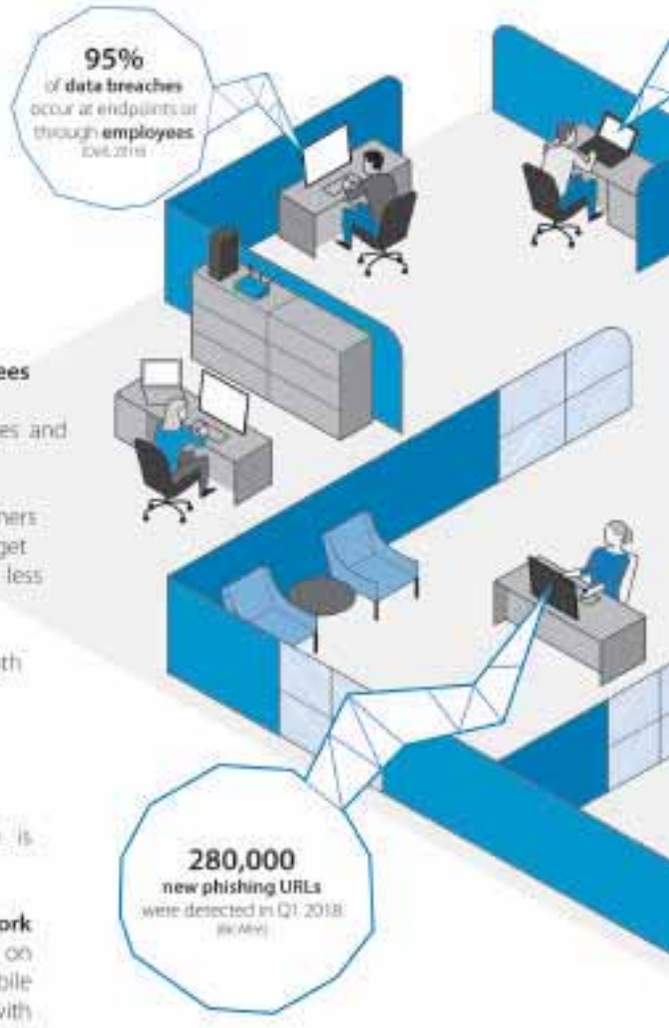
Defend, Detect and Repel

Part one of a three-part series on cybersecurity for small business



98.2% of all enterprises in the U.S. are small businesses with fewer than 100 employees
(U.S. Census Bureau, 2015)
They are thriving thanks to a new generation of networked devices, smart workspaces and new ways to innovate, collaborate and engage with customers.

However, those tools have exposed small businesses to new threats. While many owners think they are too small to be targeted by cybercriminals, they are in fact a top target because there are so many small businesses and their security measures tend to be less robust than large organizations.

Don't become a cybercrime statistic. Learn how you can protect your business both proactively and reactively, through a mix of technology and educated employees.

Secure access to shield your business from hackers

Building a shield of robust technology and smart people starts with knowing the threats you face and putting defenses in place that are oriented towards those threats.

Just as important as having the right defenses is ensuring they are used correctly – a lock only works on a door that is closed.

SECURITY MEASURE: Train your employees. Help them learn to spot fraudulent emails, not click on suspicious links or attachments, use secure passwords and change them frequently.
WHY IT'S IMPORTANT: Fraudulent emails are a common first step used to steal passwords or scam an employee. Many viruses come through email or unsafe web browsing. Weak passwords can be guessed in mere hours.

SECURITY MEASURE: Use email encryption. Install software to encode emails so that they can't be read if they are intercepted by a hacker.
WHY IT'S IMPORTANT: A great deal of sensitive business information is sent via email, making it a common target of attacks. Setting it up to encrypt automatically is critical.

SECURITY MEASURE: Protect network access and devices. Require logins on your Wi-Fi network, computers and mobile devices. Use the latest laptops equipped with security-enhancing 8th gen Intel® Core™ i5 vPro™ processors and hardware login security like TPM 2.0 (Trusted Platform Module), fingerprint readers and facial recognition.
WHY IT'S IMPORTANT: Unprotected networks and devices offer many opportunities for hackers to get into your shared files and cause harm.

SECURITY MEASURE: Use robust anti-virus and firewall solutions. High-quality security solutions are affordable and effective at sniffing out attacks and helping repel them.
WHY IT'S IMPORTANT: Attackers change tactics often. Network security systems are best able to keep on top of the latest threats and give you time to react if an attack does get past first-line defenses.

Part 2: Tuesday, October 2

Shields up: Why and how to shield your small business from hackers.

Learn more about the serious risks of insecure endpoints and the best ways to improve security using technology and smart employee policies.

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DELL SMALL BUSINESS

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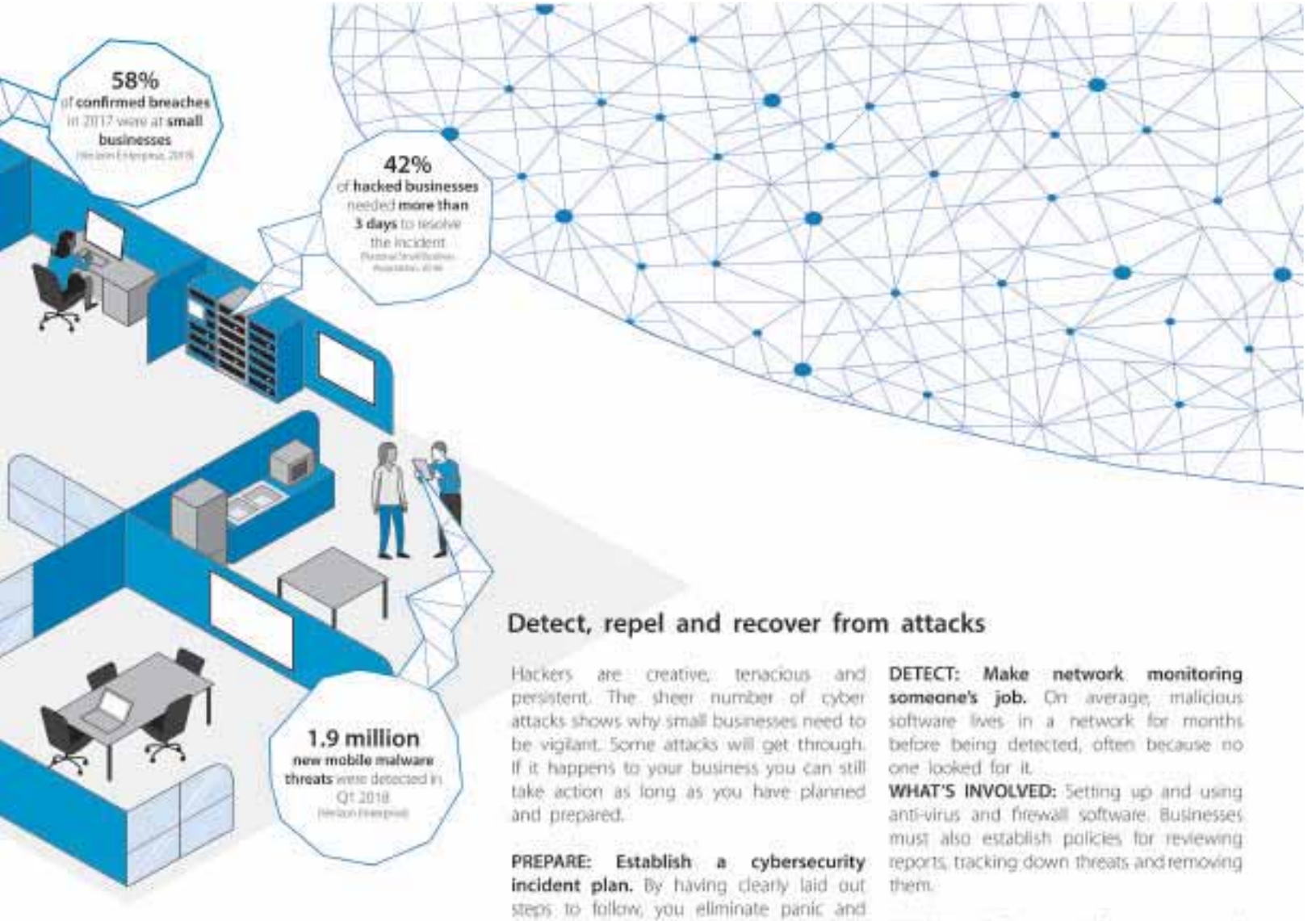
58%
of confirmed breaches in 2017 were at small businesses
42%
of hacked businesses needed more than 5 days to resolve the incident
1.9 million
new mobile malware threats were detected in Q1 2018

Part 3: Wednesday, October 3

Fighting back: How small businesses can detect, respond and recover from a cyberattack.

Taking proactive steps so that you can react quickly is essential for any cyberattack response plan. Learn what it takes to get your business back up and running fast.

Detect, repel and recover from attacks

Hackers are creative, tenacious and persistent. The sheer number of cyber attacks shows why small businesses need to be vigilant. Some attacks will get through. If it happens to your business you can still take action as long as you have planned and prepared.

PREPARE: Establish a cybersecurity incident plan. By having clearly laid out steps to follow, you eliminate panic and ensure a rapid response to attacks, with everyone working together.
WHAT'S INVOLVED: Make sure your employees are trained on what to do if an attack gets through – notifying an established (or pre-identified) security lead on your team and dealing with infected devices and files. Ensure the right people know where backups are kept and how to deploy them.

BACK EVERYTHING UP: Automatic backups can avert disaster. A reasonable investment in backup technology can ensure business continuity.
WHAT'S INVOLVED: Backups often involve software that automatically copies files on protected computers and copies it either to a separate data storage drive at your business or cloud storage, preferably both.

DETECT: Make network monitoring someone's job. On average, malicious software lives in a network for months before being detected, often because no one looked for it.
WHAT'S INVOLVED: Setting up and using anti-virus and firewall software. Businesses must also establish policies for reviewing reports, tracking down threats and removing them.

REPORT: Call in reinforcements and alert stakeholders. An attack isn't a time to improvise. Don't be afraid to ask for help fixing things and make sure customers or other stakeholders know.
WHAT'S INVOLVED: Transparency about attacks gets the right people involved to set things straight. You can also educate employees to watch for similar attacks, and your experience may help inform other businesses.

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Pat King
Grumble Editor

READER WRITE-INS:

LEAVING THE SUBWAY IS LIKE ENTERING A "MOSH PIT"!
The daily grind of entering and exiting the subway has become more and more of a hassle. It's become somewhat of a "mosh pit." If we all adhered to the basic principle of walking to the right, the way we drive our cars, there would be less collisions on the sidewalks and pile ups on subway stairs. Isn't walking on the right side the implied rule? When I was In school we were taught to walk on the right side of the hallway and to ascend and descend the stairs likewise.

ISTOCK

If we carried that practice into our adult life, perhaps we could all proceed more serenely.
— **Bernadette,** *Metro US reader*

THE POLITENESS POLICE
I am sick and tired of strangers saying, "You're welcome!" after I walk through a door, having failed to say, "Thank you" for holding it for me. Did that Politeness Policeman notice that I was trying to get through with two youngsters in my hands? Did I blurt out, "THANKS A LOT FOR LENDING A HAND"? No, because I have manners. If you are going to correct someone's manners, just make sure you know their situation first!
— **Amy,** *Metro New York reader*

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GETTY IMAGES

The winning caption from Ethan M., *Metro US reader*

TOMORROW'S PHOTO:

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Aries Keep an open mind when dealing with peers, friends and family. Engage in talks that will help you better understand how others feel and how to best move forward.

Taurus Personal change will bring you the most satisfaction. You will face some trepidation from those who don't like disruptions, but in the end, praise will come your way.

Gemini Logic and reason will get you back on track. Concentrate on how to make the most of your time and attributes. Pushing to get ahead will discourage the people holding you back.

Cancer Emotional setbacks should be shared with a loved one. Together, you will find a way to overcome any adversity you face. Look for a unique way to deal with opposition.

Leo Ask for help and get things done. Speak up about your plans and listen to suggestions, but don't let an unrealistic idea lead to financial loss. Moderation will save you from disaster.

Virgo A change of pace or visit to an unfamiliar place will spark your imagination. Change is coming and new possibilities are within reach. A physical update will draw compliments.

Libra Take control of your life. Do whatever is necessary to improve your relationships with your peers or family members. Speak up and let others know what you want and expect.

Scorpio Look for an alternative before you give in or give up. Don't let someone's pushiness lead you astray. Love who you are and promote what you have to offer.

Sagittarius Keep busy. Let your accomplishments be your calling card. The more you put into professional goals, the easier it will be to use your skills to advance.

Capricorn Walk away from anyone pushing you to conform or to take part in something you don't feel good about. An unexpected change at home will end up being beneficial.

Aquarius How you handle personal finances, negotiations and your health will count for much. Think matters through and take a practical, safe route to achieve victory.

Pisces The signals you get will be easy to read. If you act on your instincts, you will improve your life. A physical change will boost your confidence.

EUGENIA LAST

Orange you glad it's *fall?*

Pumpkin Point is back on Governors Island, this time in Nolan Park. EVA KIS

It's officially Halloween Month, so we've rounded up the best pumpkin patches in the city to get your gourd on.

EVA KIS
eva.kis@metro.us

Governors Island

Feel like you're in New England just an eight-minute ferry ride from Manhattan, on Governors Island. The seasonal getaway just across New York Harbor extended its season through Oct. 31 as of 2017 with plenty of Halloween fun including Pumpkin Point, a pumpkin patch opening for the last two weekends of October in Nolan Park. It's free to visit, with live music, pumpkin painting for kids, a beer garden and fall treats like mini pies. *Oct. 20-21 & 27-28, 11 a.m.-5 p.m., govisland.com*

New York Botanical Garden

Most jack-o-lanterns don't come out to play until closer to Halloween, but not in the Bronx. The New York Botanical Garden's annual Spooky Pumpkin Garden is up and running all through Halloween, turning the Everett Children's Adventure Garden into a sprawling kid-friendly patch of nearly 1,000 carved pumpkins, more than 100 not-so-scary scarecrows, puppet shows and a "bat house." On weekends, catch carving demos and meet real-life creepy-crawlies like snakes and lizards. Oct. 20-21 is Giant Pumpkin Weekend, featuring monstrous gourds from around the country, and Oct. 26-27 is all about Halloween activities. *Through Oct. 31, 2900 Southern Blvd., Bronx, nybg.org*

Spooky Pumpkin Garden NYBG

Queens County Farm Museum

For a true country feeling without leaving the city limits, head to the state's oldest farm: the Queens County Farm Museum in Little Neck. Opened in 1697, the 47-acre farm offers free admission to see its fields and livestock year-round (except during special events). On fall weekends, you'll also find a pumpkin patch (free) and a three-acre corn maze ($10). Stop by the "gift shop" to pick up farm-fresh goodies, cider and baked goods. *Oct. 6-27, 73-50 Little Neck Parkway, queensfarm.org*

Luna Park

Luna Park gets transformed into Treasure Island for its fifth annual pirate-themed Halloween Harvest Festival. Find your "treasure" in Blackbeard's Pumpkin Patch and don't leave before decorating it, plus creepy crafts, costumed actors, face painting and live entertainment. New this year is Tillie's Tractor, where kids race through a hay track on mini tractors. Admission is included in your All-Day Luna Pass ($42-$69 depending on height). *Weekends through Oct. 28 & Oct. 31, lunaparknyc.com*

Decker Farm

Staten Island's Decker Farm estate takes you back to the early 1800s, with 11 structures to explore and craftspeople in period costume to chat about their handiwork. In October, the farm adds a pumpkin patch and activities like hayrides, face painting, crafts and a corn maze, plus treats like s'mores and apple cider. *Weekends, Oct. 6-28, 10 a.m.-4 p.m., 435 Richmond Hill Rd., $6 per person, $20 for a family of four, historicrichmondtown.org*

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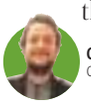
Jeffrey Wright spent many chilly days filming in Alberta. ALL PHOTOS DAVID BUKACH / NETFLIX

Jeffrey Wright braves the cold and wolves in 'Hold the Dark'

The actor and director Jeremy Saulnier open up about the Netflix thriller.



GREGORY WAKEMAN
Gregory.Wakeman@metro.us

Because "Hold the Dark" is set in Alaska and was shot in Alberta, Canada, the snow and freezing temperatures were always going to be a key component.

But, of course, that meant that director Jeremy Saulnier and leading man Jeffrey Wright actually had to go and shoot in those horrifically cold conditions. That way the increasingly disturbing story of wolf expert Russell Core going to a remote village to search for wolves that have kidnapped three children would feel authentic.

"It was certainly a rough shoot. But we welcomed harsh conditions because we wanted to archive them," Saulnier recalls, before admitting that his approach did cause some issues. "My whole aversion to artificially and falsehoods in filmmaking caused a little bit of conflict. Because I wouldn't do green screens."

"I wouldn't take it back into the studio and do it as they do in Hollywood," he adds. "I just wouldn't do that, so I had to fight a few battles. But I had full support on doing a very grounded execution of it."

Then there was the wolves.

"Working with wolves was a huge challenge," admits Saulnier. "They don't behave like they do in the movies, in the nature documentaries. They're skittish, they're being followed from a far."

"But if you want to get them involved in a narrative then they're not going to do what you want. Nor did I want them to," he adds. "Because after I saw how they behaved, it would have felt too contrived if we had done the traditional slow approach of wolves in a semicircle bearing their teeth. That s–t doesn't happen. I found out the hard way."

Saulnier was adamant about not using CGI wolves as "it would obliterate the very delicate balance of the mystical nature and the elevated nature of the movie and the grounded type of realistic way that we wanted to realize."

"We invited all the torture we got in the negative 30 degree Celsius temperature and the harsh conditions," says Saulnier. "And the wolves. We are not complaining, that's what we wanted."

There was another unforeseen issue, though, as Wright admits, the snow in Alberta kept on melting, which would instantly ruin continuity.

> **"We invited all the torture we got in the -30 degree Celsius temperature and the harsh conditions."**
> Jeremy Saulnier

"I would say the biggest the challenge was one that was not expected, because it was actually warmer than we hoped. That was the biggest challenge," says Wright. "Coming back on set the following morning and seeing that two feet of snow had melted."

"We wanted it to be bone-chilling cold and we wanted the condensation floating out of the mouth, icicles on the face, the ruddiness of harsh winds in the face, icicles in the beard, bring all of that, bring the snow driving sideways," he adds. "We wanted that character to show up everyday. That character being nature at its best."

"Hold the Dark" is now on Netflix.

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Yvonne Orji talks 'Insecure,' 'Night School' and keeping an eye on the prize

We caught up with the actress and comedian before her appearance at this year's Forbes Under 30 Summit.

PAT KING
patrick.king@metro.us

Yvonne Orji has made a name for herself with her breakout role as Molly Carter on the hilarious HBO show "Insecure." But the actress and comedian is striving to become more of a household name: She can be seen starring alongside such comedic heavy-weights as Kevin Hart and Tiffany Haddish in the new comedy "Night School."

Born to Nigerian immigrant parents, Yvonne Orji could have taken a much different path: She has a master's degree in public health and was on track to spend her days working in the corporate world. We caught up with Orji to talk about her journey.

GETTY IMAGES

You got your master's in public health before pursuing your career as a stand-up and an actress. How were you able to keep your eye on the prize early on?

I've got to just say that it was fate. The only way I could stand up to my very African immigrant parents was to be like "this is a God-given dream." I was like, "I have no idea how I'm going to do it." It looks crazy. I have a lot of debt from student loans and still it was like "this is something I've got to do." It was only because I felt like the force and ammunition was behind me to keep going. Also, I think because of my immigrant upbringing, we were taught to never accept no and to just keep going in the face of adversity. So for me, it was failure is not an option. I don't know what that means. If I fail, then what went wrong and how do you fix that?

It seems like your drive to succeed is pretty similar to your character Molly on "Insecure." Did you see those similarities when you read those first scripts?

Absolutely. One of the breakdowns for the role is that she is able to switch between corporate America and being an "around-the-way-girl." I was like '" know this chick." I know her very well. Because I was in corporate America. I worked for a nonprofit after graduation and then I worked in Liberia. I know what it was like to be driven and also what it was like to be the only brown face in an organization that helped a lot of brown people. So — speaking to Issa's nonprofit "We Got Y'all" and Molly's place in the workplace — you want to get ahead and you want to get to do the things that you aspire to do, but there may be some roadblocks that you can't avoid. She can't avoid being brown. So it's like "how do I show myself as an asset and valuable?" That's something that I've had to do not only in entertainment, but in corporate America.

An issue that Molly faced this season is being able to find her voice at work. How hard was it to let your comedic voice be heard next to Kevin Hart and Tiffany Haddish in Night School?

Here's where Molly and I differ. Molly is like "I need to find my voice at all cost." What Yvonne does is like "Whose voice is supposed to be the loudest voice right now? Let's let that voice be the lead and then find your moments to let your voice be heard in the best way." Sometimes, it's not the voice that's the loudest that gets heard. Maybe the voice that's kind of muted or comes in at a point when the loud voices are out-talking each other. You can come in and be like (in a tiny voice) "Hey guys, I have an idea." For me, in "Night School," it was very much an understanding of I know who the major players are. I know who's vehicle this is. I know what I bring to the table, and in this moment, I don't need to be anything but what I've been brought to the table for. I think Molly is struggling to figure that out. She wants to shine at all cost. Sometimes, just because the light isn't on you, that doesn't mean you're not shining. I think that's what Molly doesn't understand yet and in a way she is sabotaging herself.

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Dental Assistant	M, W 11/05 - 02/27/19	6pm - 9pm
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HSE Spanish	M,W 10/15 - 02/25/19	9:30am - 12:30pm
HSE English	T, Th 10/02 - 02/07/19	6pm - 9pm
HSE English	T, Th 10/02 - 02/07/19	9:30am - 12:30pm
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Enrichment Program

Event Planning	T & Th 09/18 – 10/25/18	6pm - 9pm
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Prep for the Notary Public Examination	Sat 10/13, 10/27, 11/10, 12/01	1pm - 5pm
Certified Notary Signing Agent	T, Th 10/09 - 11/27/18	6pm - 9pm
Periodismo y Communicacion I	T, Th 10/16 - 11/15/18	6pm - 9pm
Periodismo y Communicacion II	T, Th 11/27- 01/08/19	6pm - 9pm
Conversational Spanish for Beginners	Sat 09/29 - 12/15/18	1pm - 4pm
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Startup aims to launch flying intercity taxi service

Flying taxi inspired by F1

The streets of large cities are saturated by cars. And that is why several companies are looking to the sky to create new routes. For example, the U.K.-based Vertical Aerospace has recently tested its electric vertical takeoff and landing (eVTOL) aircraft, which could become the first flying taxi in Great Britain. According to its creators, the vehicle was inspired by Formula 1. MWN

The drone is able to carry up to four passengers. VERTICAL AEROSPACE

"Our intercity air taxi services will give people the freedom to fly from their local neighbourhood directly to their destination."

Vertical Aerospace

Facts about the flying taxi

- **Status:** The vehicle is already in the testing phase
- **Weight:** 1,653 lbs
- **Motors:** The aircraft features four rotors
- **Range and speed:** It has a range of 92 miles and a top speed of 184 mph.
- **Launch:** Vertical Aerospace aims to launch the air taxi service by 2022

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BET OF THE DAY

While I was all about the Boston Red Sox last week, it looks like the AL East powers have been fading as of late. I usually like to go with the hot team heading into a postseason and right now, it's the Milwaukee Brewers. Christian Yelich, who has made an incredible case for National League MVP honors during the second half of the 2018 season, and the Brew Crew are 18-6 in their last 24 games.
— JOE PANTORNO

The Pick: MILWAUKEE (27/2)

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Jags cruise past sputtering Jets

The Jets were beaten down by a strong Jaguars defense on Sunday afternoon in Jacksonville.

JOE PANTORNO
joseph.pantorno@metro.us

After playing three games in his first 11 days, New York Jets rookie quarterback Sam Darnold had 10 days of rest and preparation prior to Week 4, which seemed to be much needed after a statistical regression in his stats over the first three starts of his career.

Darnold and the Jets might have needed a month to prepare for Week 4 as they were beaten handily by the Jacksonville Jaguars 31-12 on Sunday afternoon down in Florida.

The league's second-best defense completely stifled the Jets offense, allowing just 178 total yards. Darnold, who had to contend with conservative play-calling and inconsistent protection, couldn't get going at all as he was held to just 167 yards on 17-of-34 passing.

For the victorious hosts, quarterback Blake Bortles had one of the strongest days of his career, completing 29-of-38 passes for a career-high 388 yards and two touchdowns.

Behind his efforts, the Jaguars outgained the Jets by almost 330 yards as they ripped New York apart for 503 total yards on the day.

New York's defense did its best to keep up with Jacksonville's staunch unit, allowing just a pair of field goals in the opening 27 minutes. But with 1:47 remaining in the first half, running back TJ Yeldon took a screen pass from Bortles 31 yards to put the Jaguars up 13-0.

TJ Yeldon scored a pair of touchdowns on Sunday. GETTY IMAGES

Yeldon was called back into action after Leonard Fournette was forced to leave the game early with hamstring tightness. It was his first game back since picking up the injury in Week 1 against the Giants.

Jacksonville's No. 2 back would end the day with two touchdowns, a one-yard touchdown in the game's final minute putting the icing on the easy win.

Yeldon's first score was the highlight of a first half that saw Jacksonville take a 16-0 lead at the half. The Jaguars had almost double the offensive plays as the Jets in the opening half at 36 compared to just 19 while outgaining New York 270-86.

The Jaguars' defense didn't miss a beat in the second half, its first play of the third quarter resulting in a safety when Isaiah Crowell was brought down by Calais Campbell and Co. in the end zone to make it 18-0.

It was the Jets defense that had a hand in nine of the team's 12 points on Sunday. A Darryl Roberts interception in the third quarter gave the New York offense possession on the Jaguars 23-yard-line. However, Darnold couldn't take full advantage as the Jets settled for a field goal.

Jacksonville punched back almost immediately as Bortles put the exclamation point on his brilliant day, hooking up with Donte Moncrief for a 66-yard touchdown.

After another field goal in the fourth quarter, the Jets found the end zone for the first time when Avery Williamson stripped the ball from Yeldon, which was scooped up by Trumaine Johnson and returned to the Jaguars five-yard-line. Two plays later, Darnold hit Jordan Leggett for a two-yard touchdown to get the Jets within 12, but that was all they could muster on the day.

Poor offense, penalties doom Giants

A sputtering New York Giants offense and late, costly pass interference penalty on cornerback Donte Deayon saw the New Orleans Saints come out of MetLife Stadium with a 33-18 victory in Week 4.

After cutting the lead to eight and seemingly stopping the Saints on a 3rd-&-8 with two-and-a-half minutes left in the game, Deayon's in the secondary gave the Saints a second chance, allowing Alvin Kamara to finish the Giants with a 49-yard touchdown run.

Eli Manning and the Giants attack were tame once again for a majority of the day as they gained 150 of their 299 total yards on their two drives that ended in touchdowns.

Manning threw for 255 yards and a score while rookie running back Saquon Barkley was held for 44 on the ground with a touchdown as well.

It was an underwhelming and disappointing effort against a struggling Saints defense that was allowing an average of 421 yards per game in 2018.

Alvin Kamara ripped apart the Giants for three touchdowns. GETTY IMAGES

Their lack of execution left the defense out to dry, which initially did well to slow down the dangerous Saints offense before things fell apart in the second half.

While quarterback Drew Brees threw for just 217 yards with no passing touchdowns, Kamara put up a combined 181 yards with three scores to pace New Orleans.

Things looked promising for the Giants after a dominating opening offensive possession, a strong showing against the Texans in Week 3 looking as though it created some momentum for a unit that has struggled for the past two years.

Manning led the Giants on a 10-play, 75-yard scoring drive that clocked in at just under five minutes. Sterling Shepard capped things off with a two-yard touchdown reception to put New York up with eight minutes left in the first quarter.

Things ground to a sudden and painful halt, though, as the Giants gained just 27 yards in their next three drives of the first half.

It was a dangerous game to be playing against a dangerous Saints offense, yet the Giants were only trailing by five at halftime thanks to a defense that bent, but didn't break at all over the game's first 30 minutes. New Orleans saw four drives get into the Giants' red zone, but the defense came up big and held the Saints to Will Lutz field goals each and every time.

They broke in the second half, though.

A Kamara nine-yard touchdown rush capped off an 80-yard drive that carved New York open with relative ease. The score capped off a stretch of 19 unanswered points from the Saints.

A Giants field goal briefly interrupted the Saints onslaught as Kamara's lunging effort from three yards out put New Orleans up 16 and seemingly put the game away with six minutes remaining in the game.

The Giants offense stirred toward the end as Barkley's one-yard, leaping score before a Shepard two-point conversion brought New York back to within a possession with 3:44 left.

The ensuing kickoff saw Ted Ginn muff the catch, bobble possession before being tackled on the Saints' three-yard-line before Brees and Kamara took advantage of the Deayon penalty. JOE PANTORNO

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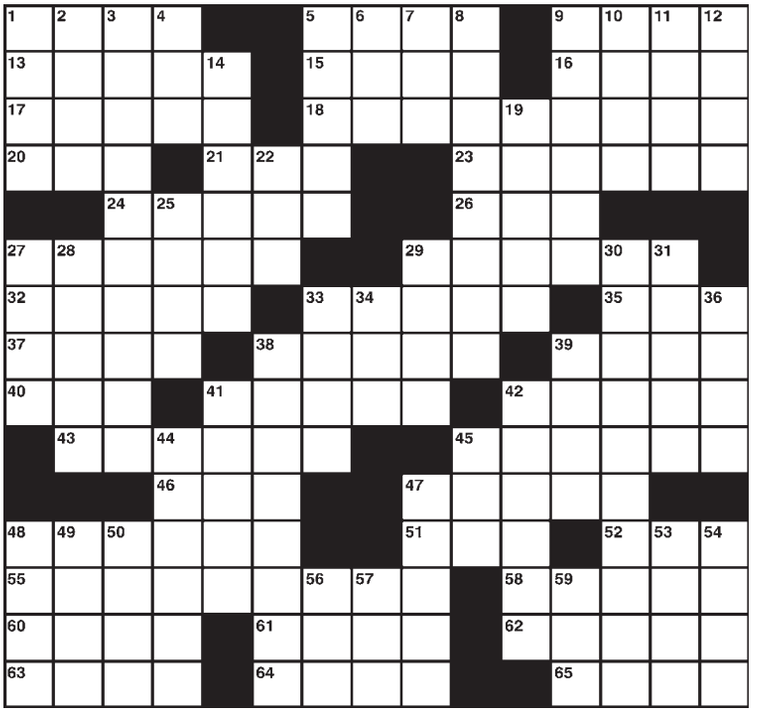

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35 Curved bone
37 Ad-__; speaks impromptu
38 Word attached to base or basket
39 Rank's partner, in phrase
40 Chat room chuckle
41 Piece of playground equipment
42 Loose piece of turf
43 Group of seven
45 Make shine
46 "__ Miserables"
47 Bakery passer's delight
48 Satchel parts
51 Wynken, Blynken and __
52 Drink like Fido
55 Short-term; passing
58 Peruvian pal
60 Sty cry
61 Captures
62 Stunned
63 Cookware
64 Elephant's color
65 Johnny Bench & Pete Rose

DOWN

1 "__ Trek"
2 Havana's land
3 Horrible; disgusting
4 __ Kennedy
5 Pigs and hogs
6 Ulna's place
7 Chain of printing stores
8 Like a diligent pupil
9 Grade-school compositions
10 Chocolate __ cookies
11 Bee's home
12 __ the moon; elated
14 Eat one's words
19 Not forbidden
22 Feasted on
25 Tears
27 __ on the carpet; scold
28 "Bye, Juan!"
29 Gap
30 Make light of
31 Storage towers
33 Trot or canter
34 Ancient
36 Nickname for Elizabeth
38 Boon
39 Movie
41 Staircase parts
42 Thingamajig
44 Boards
45 Expert
47 Nervous
48 Go no further
49 The Bee Gees, for one
50 __ and rave; carry on
53 Over-the-hill
54 Pea casings
56 In one __ and out the other
57 Org. for Suns and Spurs
59 Deface; spoil

metro.us/wordsearch

D	H	I	D	L	X	Q	S	S	A
F	A	V	O	R	I	T	E	C	B
S	E	I	R	A	I	D	A	S	A
N	S	S	E	C	N	I	R	P	N
I	P	D	M	D	R	O	T	O	K
P	Q	I	I	A	D	N	U	O	S
P	B	A	M	U	S	I	C	N	L
O	S	U	G	A	R	Z	G	F	L
P	A	L	L	E	R	B	M	U	I
T	K	N	A	N	N	Y	Y	L	H

Banks
Diaries
Do-Re-Mi
Favorite
Hills
Maria
Mary
Music
Nanny
Poppins
Princess
Sound
Spoonful
Sugar
Umbrella

metro.us/wander

Category: In The Kitchen

	K	E	R
H	A	A	S
S	T	L	

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

		7	8		1	4		5
	6		4				1	
1	8		7		5			
4		9	6	3				8
	3						4	
6				4	8	7		1
			5		6		8	4
	4				9		5	
5		1	3		4	6		

Yesterday's Answers

	C	A	T		E	A	G	E	R		A	R	C	H
P	A	P	A		S	P	R	A	Y		S	A	L	E
E	S	P	N		P	R	O	T	E	C	T	I	O	N
A	T	E		P	R	O	W	S		L	U	N	G	S
		T	W	A	I	N			B	A	T			
T	H	I	R	S	T			S	I	N	E	W	S	
O	O	Z	E	S		G	O	I	N	G		I	T	S
T	W	I	N		B	E	A	R	D		S	N	A	P
S	I	N		S	O	R	T	S		C	O	T	T	A
	E	G	O	I	S	M			C	A	R	E	E	N
			U	G	H			L	A	G	E	R		
S	L	O	T	H		B	L	A	M	E		T	A	G
C	A	P	I	T	U	L	A	T	E		D	I	V	E
O	V	E	N		F	I	N	E	R		O	M	I	T
T	A	N	G		O	P	E	R	A		T	E	D	

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